

**Amendments to the Specification**

Please replace the paragraph beginning on page 12, line 10, to line 16 with the following rewritten paragraph:

At the same time, the arm 5 deforms elastically and antagonistically along the arrow R and expands the pad 5a. Likewise, the pad 6a opposite the pad 7a is relaxed. Likewise, the pad 4a may be compressed. The wearer may thus not only cause the dynamic element to be subjected to lateral stresses but also stresses along the diagonal of this element.

Please replace the paragraph beginning on page 13, line 16, to line 22 with the following rewritten paragraph:

In yet another variant shown in figures 10 and 11-9 and 10, the dynamic element 50 also consists of two pairs 51, 52 of arms which are spaced apart from one another and are in the shape of a V with their respective bases 53, 54 extending over a certain width. The pads 47 and 48 are situated along the longitudinal edges of the shoe, in the front part of the sole.

Please add the Abstract as attached hereto.